

What's on October?

Exhibition: Lisa O'Brien
30 September - 27 October
The GALE Centre

Come to The GALE Centre to see Lisa O'Brien's wonderful landscape and wildlife paintings!



"I live on the North West coast of Scotland in a remote part of the world full of wild life, wide



open landscapes and extremes. Long nights and the storms of Winter to the almost midnight sun of the Summer provide endless source materials for drawing and painting and give an acute sense of the changing seasons.

I studied Ba(Hons) Visual and Performing Arts at Brighton Polytechnic and more recently Master Fine Art at Psal-

ter Lane, Sheffield Hallam and Grays, Robert Gordon University."

Befriending Service - Could you spare an hour or two?



We are proud to be working with the Highland Hospice to deliver the fantastic Befriending Service, 'Helping Hands.' In July we ran introductory session at The GALE Centre with a representative from 'Helping Hands' to help explain to our community how it will work in our area and we've now got a few clients who are looking for their own volunteer befriender! Could this be you?

If you're interested or would like more information about the Befriending service please contact tania@galeteam.co.uk We'd love to hear from all you potential befrienders and befriended's!

Seed Swap Approaching!



We would like to say a huge thanks to Kelvin of Macdonald's Hardware Dingwall who has left us another big bag of seeds for our annual SEED SWAP! Kelvins donations are hugely contributing towards the

success of the seed swaps and helping us raise money for our Outdoor Learning Programme ❤️

The Seed Swap will launch again for the autumn/winter at the end of October, so come to [The GALE Centre](#) first

before ordering up your stock for next year's growing season!

Plot Produce!

The 'Dig for Victory over Climate Change' Plot at The Russian Arctic Convoy Museum saw it's first harvest at the end of August!

Kale was taken home by Russian Arctic Convoy Project volunteers and various chards and spinach were picked and made into a tasty SaagAloo giveaway at our Outdoor Learning Project stand at the Gairloch and District show. Thank you to everyone who has contributed to the plot so far and we hope you all enjoyed your saagaloo at the Gairloch and District Show!

Thank you to Mr Bird (and his green fingers!) who offered to pose with some of last weeks harvest of chards. He did a bit of weeding in exchange for some Kale that he enjoyed for his dinner :)

Got to LOVE local produce! If you are passing RACP in Aultbea why not harvest some herbs in exchange for two minutes of weeding?😊



GALE is a membership organisation open to all. It is a Scottish Registered Charity and works on social, economic and environmental projects that help to build strong, resilient communities in the Gairloch and Loch Ewe area. Become a member to support our work or contact us to find out more about any of our projects.